Clinical trial in analysis of Osvalin® effectiveness in improvement of symptoms among patients with knee osteoarthritis

Project main author

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Introduction:

Clinical trial study was carried out to explore the helpful effects of Osvalin® supplemet in improvement of symptoms and intensity of disease among patient with mild to moderate knee osteoarthritis. In this study, the qualified patients with inclusion criteria of study entered in this project. The consequences of study were compared in patients under treatment before and after therapy by Osvalin® with their own.

Method:

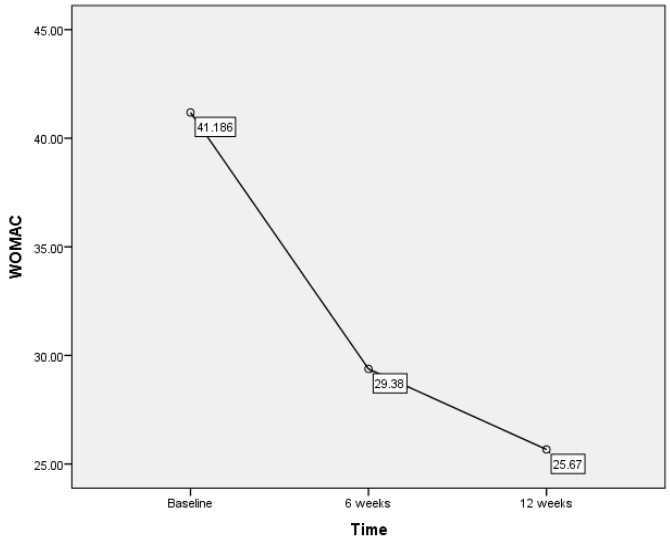
patients with osteoarthritis that were treated by acetaminophen but without controlling their symptoms completely, were chosen and Osvalin® was administered to them with dosage of 1cc/25kg of body weight daily and vitamin C powder plus magnesium for one other day (according to instruction in brochure of manufacturing company). The patient was not allowed to take the supplement used in treatment of osteoarthritis such as glucosamine, arthrocin, Omega-3 etc. during studied period and since two week before starting this study, but is permitted to take calcium-D. If patient needs to take NSAID and or corticosteroid and does not respond to acetaminophen because of pain or inflammation s/he should be excluded from this project according to protocol of study. The rate of pain was measured in clinical examination based on 6 and 12 weeks after treatment (WOMAC criteria). This criterion is a clinical criterion for therapy assessment in patients with osteoarthritis based on three symptoms of pain (0-20), stiffness (0-8) and physical function of bone (0-68) that were introduced and standardized for the first time in 1988.

Result:

WOMAC clinical criterion was adapted and this criterion was measured before starting therapy and 6 and 12 weeks after treatment.

Compared to basic times, 6 and 12 weeks, a significant difference was observed among WOMAC criterion mean using one-way ANOVA test.

The mean-value showed reducing symptoms in patients. This value indicated significant reduction (P=0.030) 6 weeks after therapy by Osvalin® compared to baseline so that as it seen in this diagram, this decremented trend was also continued at 12th week after treatment and the significant level has been further reduced than baseline (P=0.004).



Conclusion:

The results of this study indicated that following to dosage of Osvalin® the symptoms of osteoarthritis that were measured in patients including pain, physical function, and stiffness in WOMAC criteria were apparently improved by taking this product after 6 weeks where this improvement trend was also continued constantly and stably after about 3 months. Thus, it can be implied that probably taking Osvalin® supplement may contribute to improvement of mild to medium osteoarthritis symptoms in patients who did not only respond adequately to dosage of acetaminophen.